



## Physical Education - Grade 7

### ***Course Description:***

The Indian Community School cultivates an enduring cultural identity and critical thinking by weaving indigenous teachings with a distinguished learning environment. The curriculum for this course is developed from the [National Shape America Standards](#) and the framework of the [ICS Our Ways Cultural Calendar](#). In this course, students are actively engaged in a safe, caring, fun, physically active environment with an emphasis on lifetime fitness and American Indian culture. Contemporary, as well as Native sports, games, activities, dances, stories, language and teachings will be utilized. Our Sacred Gifts, traditional teachings, and the medicine wheel guide us as we learn to take care of our body, recognize our community responsibilities, and learn to live in balance while incorporating 21st century skills (collaboration, communication, critical thinking, creativity), student choice, and digital literacy. Physical literacy skills, including motor skills and movement patterns, concepts and strategies, health-enhancing physical fitness, responsible behavior, and valuing physical activity are introduced, practiced, maturing, and applied. Skills at this level focus on emerging levels of basic age appropriate motor skills, offensive and defensive concepts and strategies, and stress management.

### ***Enduring Understandings:***

- Being physically active as an American Indian or Alaskan Native is important in living a healthy balanced life, incorporating the physical, mental, emotional, and spiritual self.
- People who participate in regular physical activity are less likely to become obese and are more likely to lead active, healthy lifestyles as adults.
- Physically active people have more active brains and physical activity decreases anxiety and depression and contributes to overall well-being.
- Repetition of proper technique leads to improvement and successful skill acquisition and is important in nurturing resilience.
- Foundational movement skills and patterns are necessary including locomotor, non-locomotor, and manipulatives to enjoy physical activity and to facilitate continued motor skill development and improve the capacity for successful and advanced levels of performance to further the likelihood of participation on a daily basis.
- Application of cognitive movement concepts increases the individual's ability to understand and enhance motor skill acquisition and performance.
- Engaging in regular participation of meaningful health-enhancing physical activities is necessary to maintain personal physical fitness.
- Grandfather teachings guide us in developing responsible personal and social behaviors.
- Indigenous games are known as the Games of Life and strengthen our community by recognizing and valuing each person as a welcome part of the circle.
- Technology use and application contributes to personalized 21st century physical literacy skills.



## MOTOR SKILLS AND MOVEMENT PATTERNS

- I can throw with a mature pattern for distance or power appropriate to the activity in a dynamic environment. (S1.M2.7)
- I can catch with a mature pattern from a variety of trajectories using different objects in small-sided game play. (S1.M3.7)
- I can perform a mature underhand serve to a predetermined target for net/wall games. (S1.M12.7)
- I can strike with a mature overhand pattern in a dynamic environment for net/wall games. (S1.M13.7)
- I can demonstrate the mature form of forehand and backhand strokes with a long-handled implement in net games. (S1.M14.7)
- I can forehand- and backhand-volley with a mature form and control using a short-handled implement. (S1.M16.7)

## MOVEMENT AND PERFORMANCE

- I can create open space by staying spread on offense, and cutting and passing quickly. (S2.M3.7)
- I can reduce open space on defense by staying close to the opponent as he/she nears the goal. (S2.M4.7)
- I can transition from offense to defense or defense to offense by recovering quickly and communicating with teammates. (S2.M5.7)

## HEALTH-ENHANCING PHYSICAL ACTIVITY AND FITNESS

- I can identify barriers related to maintaining a physically active lifestyle and seek solutions for eliminating those barriers. (S3.M1.7)
- I can distinguish between health-related and skill-related fitness. (S3.M7.7)
- I can define how the RPE scale can be used to determine the perception of the work effort or intensity of an exercise. (S3.M13.7)

## VALUE OF PHYSICAL ACTIVITY

- I can identify positive mental and emotional aspects of participating in a variety of physical activities. (S5.M2.7)
- I can generate positive strategies such as offering suggestions or assistance, leading or following others, and providing possible solutions when faced with a group challenge. (S5.M3.7)
- I can identify why self-selected physical activities create enjoyment. (S5.M4.7)